

# SIMPLE DO'S AND DON'TS OF ORAL HEALTH

1. Do brush and floss your teeth at least twice a day.
2. Do replace your toothbrush every one to two months and immediately following a cold or the flu.
3. Do store toothbrushes so they do not touch each other.
4. Don't share toothbrushes.
5. Don't go to bed without brushing your teeth.
6. Don't eat toothpaste. If ingested you may become ill.



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